

noticing the things that make you happy

one activity or passion project that makes you happy:

one part of your daily routine that makes you happy:

a list of people whose love/friendship/company makes you happy:

one thing about living in your town or city that makes you happy:

a list of food items that make you happy:

one occasion or time of year that makes you happy:

one habit or tradition that makes you happy:

one thing about your work that makes you happy:

one thing about your home that makes you happy:

additional things that make you happy:

one place that makes you happy:

one sensation that makes you happy:

thoughts to action: happy things 1

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